

Fresh Fruit and Vegetable Program PRODUCE NEWSLETTER



DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

Food & Nutrition Services



Pineapple

Pineapple is good for you because: they are an excellent source of Vitamin C, Fiber and an enzyme called Bromelain which helps breakdown protein in your body and aids in digestion.

Farm to School ~

Pineapples only grow well in tropical climates that are close to the equator line. The three largest growers of Pineapples are Costa Rica, Philippines and Brazil.

Selection and Storage ~

Look for a Pineapple that is heavy for its size. Pineapples should also be free of soft spots and bruises. You can also smell the Pineapple, which will smell sweet when ripe. Store in the fridge whole or cut for up to 6 days.

Origin ~ Where did it come from?

Pineapples were first discovered in the Caribbean in the 1400s. Colonists tried to bring the fruit back to Europe to grow but Pineapples can only grow in tropical climates, so they brought them to Asian, African and South Pacific colonies instead, which they are still grown in today.

Fun Facts



A Pineapple plant will live for over 50 years, but only produces one single Pineapple every 2 years.

Pineapples are so popular that it is even Spongebob's house of choice!

The top of the Pineapple can be planted in soil to grow a brand new plant!



Word Search

M	F	Z	E	F	R	U	I	T	E
L	I	V	L	L	R	S	N	B	D
A	B	A	P	J	R	U	O	N	I
C	E	Q	P	K	X	B	I	L	G
I	R	W	A	L	E	M	J	T	E
P	N	D	E	G	A	J	O	Y	S
O	J	A	N	T	R	N	O	W	T
R	V	O	I	Q	N	R	T	U	I
T	P	V	P	P	H	T	O	R	O
S	B	R	O	M	E	L	A	I	N

BROMELAIN
FRUIT
SPONGEBOB

DIGESTION
PINEAPPLE
TROPICAL

FIBER
PLANT
VITAMIN



Fresh Fruit and Vegetable Program

PINEAPPLE COLORING



DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

Food & Nutrition Services

